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October 13, 1995

FOR IMMEDIATE RELEASE:

"YOGA FOR DAILY LIVING" CLASS TO BE HELD AT PARKLAND

CHARLESTON -- Eastern Illinois University's Office of Conferences and Non-Credit Programs will present a one-day "Yoga for Daily Living" class with an emphasis on meditation on Saturday, Oct. 21, at Parkland College in Champaign.

Hatha yoga and transcendental meditation will be taught during the non-credit class, which meets from 9 a.m. to 5 p.m. in Room B133 at Parkland. The class is open to people 18 years old and up. The cost is \$50.

Yoga involves standing or sitting in a special posture and breathing gently following a slow rhythm. All yoga sessions should begin and end with a few minutes of transcendental meditation. Many researchers in medical science now believe that yoga has some positive effects on one's well-being.

According to course instructor S.K. Dey, yoga helps reduce stress, lower blood pressure and improve breathing. Dey, a mathematics professor at Eastern, began his study of yoga in India and credits yoga for his success in graduate school.

Dey's newly released book, Yoga for Daily Living, will be available during

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class.

To sign-up for the class, call Eastern's Office of Conferences and Non-Credit Programs at (217) 581-5116. The registration deadline is Oct. 20.